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COMING BACK TO LIFE

Vancouver metro

Your essential daily news | THURSDAY, JUNE 2, 2016

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PROBLEM DRINKING *and* POLITICS
metroNEWS
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‘Swirl Face’ gets 5 ½ years in jail

PEDOPHILIA

Christopher Neil pleaded guilty to 5 child-sex crimes

A pedophile who digitally disguised his face in child pornography will spend longer in prison than recommended by the Crown after a B.C. judge noted that Christopher Neil repeatedly harmed his victims by posting their images online.

Neil, 41, was sentenced Wednesday to 5 1/2 years after pleading guilty to five child-sex crimes that occurred over a 10-year period in Cambodia, Vancouver and Maple Ridge, B.C. The Crown had recommended a five-year sentence.

When time served is taken into account, Neil must serve just over 14 more months.

Justice John Harvey of the B.C. Supreme Court said the two boys shown in the images were victimized when photos were taken and when those images were posted on the Internet.

“Mr. Neil himself was a participant in some of the images of child pornography and therefore was instrumental in the children’s victimization,” he said.

“Mr. Neil posted the images taken of John Doe 1 and John Doe 2 onto the Internet, thus further victimizing them each time those images were subsequently viewed.”

Outside court, Neil’s lawyer said the punishment was harsher than his client had hoped. “But that’s the way it is sometimes,” Mark Thompson said. “He’s said also he’s making a concerted effort to get treatment to change. He told everybody that asked ... that he was remorseful and we’ll go by his word on that.”

Neil initially faced 10 charges including producing images in Cambodia. He pleaded guilty in December to two counts of sexual interference in Cambodia in 2003, one charge of possessing child pornography in Maple Ridge in 2007 and two charges of accessing child pornography in Vancouver in 2013.

The sentencing concludes an investigation that began in 2004 and spanned two continents. Some of the convictions come under Canada’s rarely used child-sex tourism laws.

Twelve years ago, German police discovered obscured images of a man sexually abusing two young boys in a hotel in Cambodia. Experts unscrambled his blurred face in 2007, prompting a global manhunt of a man the international media dubbed “Swirl Face.”

THE CANADIAN PRESS

DAVID P. BALL/METRO

BIKES? NO TANKS

A representative of the B.C. Regiment raises concerns over new bike lane on Beatty Street

metroNEWS

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Rain pummels France as the Seine River overflows its banks in Paris. **World**

Robin Hood's forest-building exploits honoured with award

NATURE

Province names $10,000 prize after prominent Likely resident

David P. Ball
Metro | Vancouver

Robin Hood, centre, talks to a group visiting the community forest he helped start near Likely, B.C. Hood is the namesake of a $10,000 award the province has established. COURTESY B.C. COMMUNITY FOREST ASSOCIATION

British Columbia's government has created a $10,000 annual award in memory of Robin Hood of Sherwood Forest.

You read that right.

The Likely, B.C. resident who spent his life in forestry — founding the town's locally managed 20,000-hectare community forest — had a sense of humour about his unlikely name, naming his own company Sherwood Forest Contracting Ltd.

This week the province announced it has established an award in Hood's name, nearly three months after the 55-year-old died after a short battle with cancer.

"Anyone who knows him knows he's a big guy, with a personality to match and a huge heart," said Jennifer Gunter, executive director of the B.C. Community Forest Association, in a phone interview.

"He saw that ecologically, socially, culturally and economically sustainable forest management was possible — and that he could really leverage that to create jobs and economic opportunities for his community."

The province launched Community Forest Licenses as a new type of forestry tenure in 1999, and Hood teamed up the town of Likely with nearby Soda Creek Indian Band to become one of the 11 original pilot projects in the province four years later: the Likely-Xat'súll Community Forest.

"The community forest he initially started has greatly benefited this town," said his long-time friend Skeed Borkowski, who hired Hood to work for his sawmill in 1980 when Hood moved to Likely. "It was about the complete cycle of maintaining a forest, right from harvest to thinning to reforestation.

> **'Skeed, I'm tired — gotta sleep.' That's the last words I heard from him.** Skeed Borkowski, Robin Hood's friend

"He knew wood. The quality of his work was second to none."

Hood was a "tireless fighter," Borkowski said, and a "hard, hard working guy" who helped secure not only the community forest but also grants for firefighting facilities and community halls. Hood was also "no-nonsense" when it came to dealing with government, he added.

"He didn't take the typical suck-up approach," Borkowski recalled. "He just hit 'em bang on: 'What are you guys gonna do for my town?

"He was a busy guy who did a lot. I phoned him two days before he passed. He said, 'Skeed, I'm tired — gotta sleep.' That's the last words I heard from him."

Steve Thomson, B.C.'s Minister of Forests, Lands and Natural Resource Operation, said the new $10,000-a-year grant would recognize a community forest every year that "best exhibits" Hood's values, and at the same time help boost the profile of the sector.

"Robin Hood's dedication to bringing success to his community and local forest stewardship is admirable," Thomson said in a statement.

"His big heart and positive influence touched the lives of those around him."

Since their founding, community forests have blossomed to more than 50 across the province, allowing local municipalities and First Nations to have more control over how forests are managed and harvested in their areas, while serving community goals — whether hiring locally, reducing wildfire risks, or ecological preservation, said Gunter.

"It was really Robin who had the drive and creativity to always think of new projects and ways of putting local people to work," she said.

"That creativity and passion inspired so many to be involved in community forestry."

"There is a huge demand for Recreation Professionals, particularly working with seniors."

THERAPEUTIC RECREATION (GERONTOLOGY)

Older adults are the fastest growing age group in Canada, resulting in a growing employment need for professionals who can support and promote optimal health for this generation. The field of therapeutic recreation, especially for older adults (gerontology), is not just limited to physical exercise but activities that promote healthy living including: arts, crafts, music, gardening, games, social events, outings and entertainment. The promotion of health in older adults encompasses physical, social, emotional, cultural, spiritual and mental well-being. Average starting wage is $21+ / hour.

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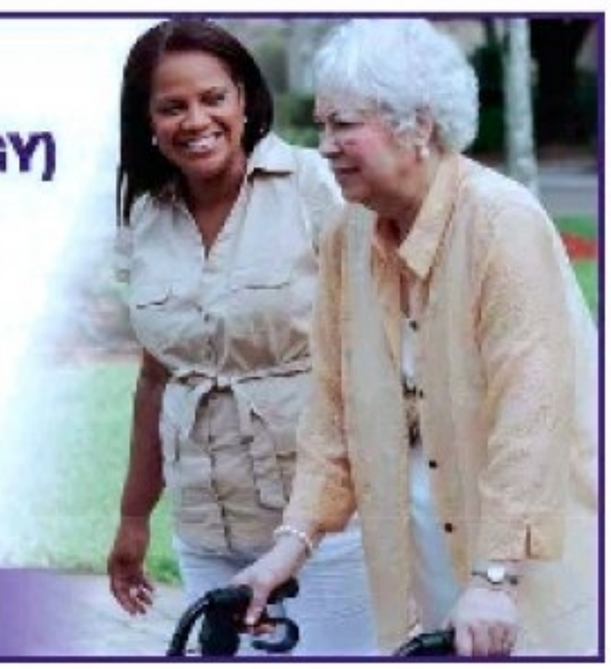

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B.C. Auction raked in $9M last year

PROVINCIAL REVENUE

Shredding of media wrong yet 'hilarious,' argues critic

David P. Ball
Metro | Vancouver

It may not be quite as enticing as a fast-paced auctioneer's cattle rattle, but the website where B.C.'s government auctions off its surplus assets — from the puzzling to the prosaic — turns out to be staggeringly popular.

Last year, $8.9 million worth of goods went under the hammer on B.C. Auction, according to the Ministry of Technology, Innovation and Citizens' Services. Since the site's 2004 launch, it has grown to attract 12,500 users vying to outbid each other.

In Tuesday's edition, we reported on some of the website's more bizarre and colourful listings, including a set of bagpipes, a 2,000-litre fire truck, a meat smoker, Kevin O'Leary's book Cold Hard Truth and five pairs of in-line skates.

In just the last two days, the list has grown to include a working set of traffic lights, a series of displays from casino slot machines and an electric hospital bed complete with heart monitor and specialty "pulmonary mattress" — described as "well-used, sagging in the middle."

It's no surprise there are so many additions: The site auctions off 1,200 to 1,500 items every month, the ministry revealed.

For Dermod Travis, executive director of IntegrityBC, the idea of selling old office equipment, construction gear or surplus vehicles isn't a bad one.

"But when I look at some of these things, I have to ask if the government might be better off donating them to appropriate charities across B.C. who might want some of it," he said. "The idea they're auctioning off 42 books strikes me as not the best use of their resources."

What Travis finds more concerning, however, is the government selling its shredding services on the site, touting B.C. as a "leader in the protection of electronic data ... (that) has two media shredders that destroy electronic media."

That's at once "hilarious" and ironic, he said, in light of the government's "triple-delete" scandal — now the subject of criminal charges — as well as what he calls a "history" of mishandling information technology issues.

"It's entirely inappropriate, given the track record of this government," Travis argued. "Maybe they need a marketing slogan: 'When you need to delete, trust the experts.'"

A copy of Bat Out of Hell, thanks to the site. COURTESY B.C. AUCTION

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MLA 'disheartened' by homeless stats

HOUSING

Count shows urgent need for action plan: Melanie Mark

Matt Kieltyka
Metro | Vancouver

British Columbia needs to develop an integrated homelessness plan to protect vulnerable populations identified in the 2016 Vancouver homeless count, says one MLA.

Melanie Mark, NDP MLA for Vancouver-Mount Pleasant, says she was "really disheartened" to see a record 1,847 homeless people identified in the annual city survey.

It also hit home the need for a cross-ministry plan to tackle homelessness, she said.

"Yes, we're building units but not at the pace we need. People are only calling on purpose-built housing but we need to do more along the whole spectrum," said Mark. "We can't address homelessness in a silo. Different people have different needs. We need a strategy that's the complete package. How is the minister of housing working with his colleagues to not force homelessness?"

Mark said she's specifically concerned to see an over-representation of LGBTQ+ (13 per cent of those identified) and veterans (11) in the latest homeless count.

> **People are only calling on purpose-built housing, but we need to do more along the whole spectrum.**
> Melanie Mark

"There's this so-called new face of homelessness," she said. "These are vulnerable people. We need some urgency in our response."

Minister Responsible for Housing Rich Coleman was not available for comment.

A statement from the ministry says B.C. has made "significant" investments in Vancouver to help end homelessness, including $300 million to build more than 1,500 new supportive housing units and $143 million to renovate 13 of the 24 single-room occupancy buildings the province has purchased in the Downtown Eastside to preserve 1,400 units of affordable housing.

On Tuesday, Vancouver Mayor Gregor Robertson called on the provincial and federal governments to do more in the face of rising homelessness.

The city has offered to provide 20 sites, valued at $250 million, for another 3,500 units of social housing but depends on provincial and federal funding to make the plan a reality.

The statement from Coleman's ministry said the province is "discussing funding arrangements for affordable housing on the 20 sites" but no decision has been made.

A man sleeps in the Downtown Eastside ahead of the 2014 homeless count. MATT DE SOUZA/METRO FILE

IN BRIEF

Police arrest suspect in attacks on elderly women

Vancouver police say a 33-year-old man believed to be responsible for two random attacks on senior citizens last week has been arrested. Mental health is believed to be a factor in the attacks, police said.

On May 26, an 84-year-old woman was sitting on her walker on West Broadway near Ash Street when a man kicked her off her seat and walked away. Two hours later, a man approached a 70-year-old woman in a wheelchair and punched her in the face.

The suspect was arrested following another assault downtown and remains in custody. THANDI FLETCHER/METRO

Man arrested following groping incident

Police say they have arrested a man accused of groping several women in downtown Vancouver on Tuesday.

Around 5 p.m., someone called 911 to report that a man on Davie Street between Granville and Burrard had sexually assaulted a number of women by groping them.

Police are asking victims and witnesses to come forward and speak to investigators. THANDI FLETCHER/METRO

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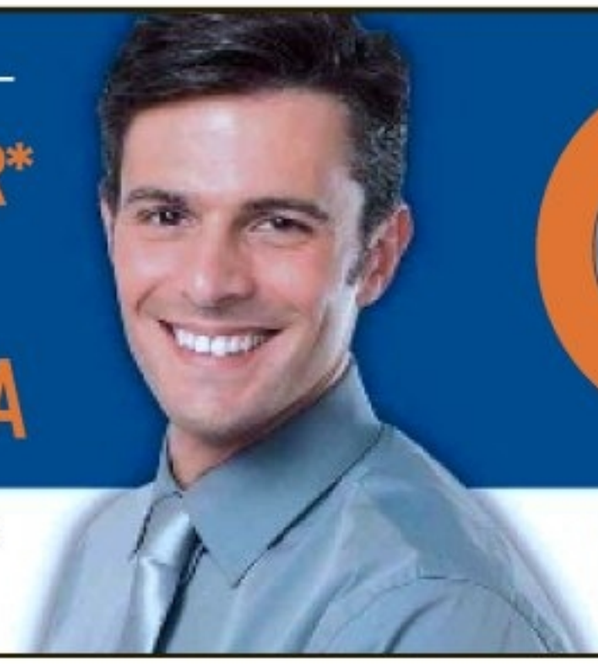

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MARIJUANA

Pot advocate vows to fight injunctions

One marijuana advocate says she will continue to fight the City of Vancouver's injunctions against medical marijuana dispensaries.

The city filed injunctions Tuesday against 17 of 55 medical marijuana stores that have defied its April 29 deadline to close. Another round of injunctions will be filed next week, according to Coun. Kerry Jang.

"I'll be there at the front door, confronting peacefully anyone who comes to shut it down," said Jodie Emery, who owns the brand Cannabis Culture.

"We're going to challenge it in whatever way we can."

Emery is associated with only one of the businesses named in Tuesday's injunctions — Cannabis Culture (512 Beatty St.) — but says the city intentionally put that business at the top of the list.

"I feel this is definitely targeted."

The city has sent bylaw enforcement letters to three of her locations, including Emery's headquarters (307 West Hastings St.). Only one of those locations is a cannabis retail location, she said.

Jang told Metro Tuesday the businesses named in this first round of injunctions were targeted because of complaints. But Emery says she has received no communication from the city about those complaints and calls the injunctions "politically motivated."

Emery was in Toronto last week to help open a new marijuana dispensary and says based on her experience, Vancouver is "less progressive and less tolerant" than Toronto.

"We did have an officer visit yesterday in Toronto but he only requested that the line-up down the block be kept orderly."

There are currently 21 medical marijuana stores operating in Vancouver.

WANYEE LI/METRO

The new bike-lane design on Beatty Street is dangerous for both cyclists and soldiers, says a representative of the B.C. Regiment. DAVID P. BALL/METRO

Soldiers vs. bike lanes

TRAFFIC

Regiment wants city to move Beatty Street lanes

Wanyee Li
Metro | Vancouver

A new bike lane configuration on Beatty Street, installed Tuesday, has left a representative of the British Columbia Regiment furious about the change.

The eastward bike lane on Beatty Street originally ran along the driver side of parked cars, about two metres away from the sidewalk. But the city recently repainted the lines so that cyclists now ride between the sidewalk and parked cars.

The new design is dangerous for both cyclists and soldiers, said Scott Shepherd, an honorary lieutenant colonel with the regiment.

"If you're a soldier trying to load these trucks … and the bikes are whipping by every five minutes while you're doing that, someone is going to get hurt — either a biker or a soldier," he said.

The Beatty Street Drill Hall has been home to the British Columbia Regiment for more than 100 years and the city has taken away its space bit by bit over the last six years, according to Shepherd.

But this time the regiment is putting its foot down, he said. The regiment wants the city to move the bike lane back to its original location.

The city says it notified the regiment of the bike-lane change by mail in the spring.

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PHOTOS: KEVIN TUONG/METRO

Gerald Wong is the first to re-enter McMurray TV Centre.

Some lawns haven't been maintained in a while.

A playground is a reminder of the rebuilding to come.

'Bittersweet to be home'

Return to FORT MAC

A city comes back from its toughest moment

Alex Boyd
Metro | Edmonton

On Wednesday morning, Gerald Wong watched his city come back to life.

"Three days ago it was literally a ghost town," said Wong, a lifelong resident who arrived back in Fort McMurray early to reopen McMurray T.V. Centre, the electronics store he manages.

"I would stand in the middle of Franklin [Avenue], right there," he said, pointing to Fort McMurray's main street.

As the first wave of residents returned to their fire-ravaged city Wednesday, car after car honked at a line of firefighters, who hoisted a Canada flag on their ladders atop an overpass.

After almost a month in exile, Wednesday marked the start of the staged re-entry of the estimated 90,000 thousand people forced to flee the wildfire.

The first zone to be reopened includes downtown, which was relatively unscathed by fire, with major residential neighbourhoods that were more affected opening later in the week.

Standing on the sidewalk on Franklin, morning radio show host Matthew Baron was offering a welcome of his own, standing beside a sign reading "Free Welcome Home Hugs."

"Every morning when I'm on the air you can come on down, tap on the window of the studio and I'll give you a hug."

Despite the uptick in activity, there are still signs of what happened while all were gone.

Grass on otherwise well-tended lots is ankle deep. A recycling bin holds hundreds of copies of the May issue of a local newsletter that will never be read.

The dumpsters of a local convenience store are piled high with frozen chickens and cheese buns that expired weeks ago.

Most stores are closed, but personnel linked to services deemed essential were let back into the city early — so some grocery stores are open, gas stations ready to fuel cars, but not much else.

There aren't a lot of people around yet, but with the extra police and government vehicles, residents say traffic is almost back to normal.

FORT MCMURRAY

A family's homecoming

The first thing they noticed is the smell. Well, the lack of it.

"It smells so good," said Heather Thomas, who along with her husband Russell walked into her house for the first time in almost a month Wednesday after being allowed to return to Fort McMurray.

Heather, Russell and their two sons live just outside of downtown Fort McMurray, in a house surrounded by a large garden.

It's an area relatively untouched by the wildfire that forced more than 90,000 to flee the city.

But that's not to say the house wasn't threatened: The hill right across from the Thomas' neighbourhood is a sea of burnt trees.

That led to all sorts of stress and worry.

"In the first couple of days, there was no level of comfort around this part of town," Russell said.

"Oh, rumours, left right and centre," Heather added. "This is gone, that's blown up."

Thankfully, none were true.

Inside the house, the couple took in their surroundings Wednesday: Despite the faint scent of smoke and a few things left in a hurry, it was all as if they'd left it that morning rather than in early May.

Russell and Heather Thomas embrace in their home.
KEVIN TUONG/FOR METRO

Having assessed the house's general condition, the couple then went to other areas.

Russell, an artist, headed to his studio out back. He opened the door and looked relieved.

A dozen or so paintings were safe.

The two emphasized how lucky they are compared to the many who have lost houses.

But: "We haven't seen what agencies are lost, what neighbours and friends' and colleagues' homes look like," Heather said.

The next hurdle, Russell added, is knowing who's back, who's coming back and who isn't. ALEX BOYD/METRO

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Parliament's social challenge

POLITICS

Overindulgence is easy for many at wine-fuelled gatherings

Life on Parliament Hill, with its parade of free meals and wine-soaked networking events, can make it difficult for even the most stout-willed politicians, staffers and journalists to avoid overindulging at the best of times.

"It's an occupational hazard," said one former senior political aide from a previous Liberal government.

So imagine the challenge for those struggling with alcohol issues, such as Nunavut MP Hunter Tootoo, who stepped down from his cabinet post and left the Liberal caucus Tuesday to seek treatment for what the Prime Minister's Office has only referred to as "addiction issues."

Tootoo has not spoken about his experience, but former MPs and staffers recall a lifestyle marked by multiple receptions with stakeholders every night, where socializing with a drink in hand is considered part of the job.

Former Liberal MP Marlene Jennings remembers the atmosphere during her time in Ottawa, with a variety of organizations hosting receptions as part of their lobbying efforts on any given night. MPs and senators would circle the room to exchange business cards with a glass of wine in their hands before heading back to a debate — or on to another event.

> It's an occupational hazard.
> Former Liberal government political aide

"Even those who have absolutely no drinking problem, it becomes really easy to have that glass of wine and then have the second one and you're not realizing that you're on to your third one," she said Wednesday.

Don Boudria, an Ottawa-based lobbyist and former Liberal member of Parliament, says more awareness about mental health and addiction — and more women on Parliament Hill — means things are not nearly as bad as they used to be.

And they were bad, he said, recalling seeing people drinking themselves literally under the table when he was a staffer at the start of his political career.

"All of these things have changed, and thank God they have," he said. THE CANADIAN PRESS

Hunter Tootoo has resigned from the federal cabinet and the Liberal caucus, citing "addiction issues." THE CANADIAN PRESS

REACTION

PM says idea was Tootoo's

Speaking outside of the Liberal caucus meeting Wednesday, Prime Minister Justin Trudeau said Hunter Tootoo's decision was his and his alone, and that it followed "a very difficult situation."

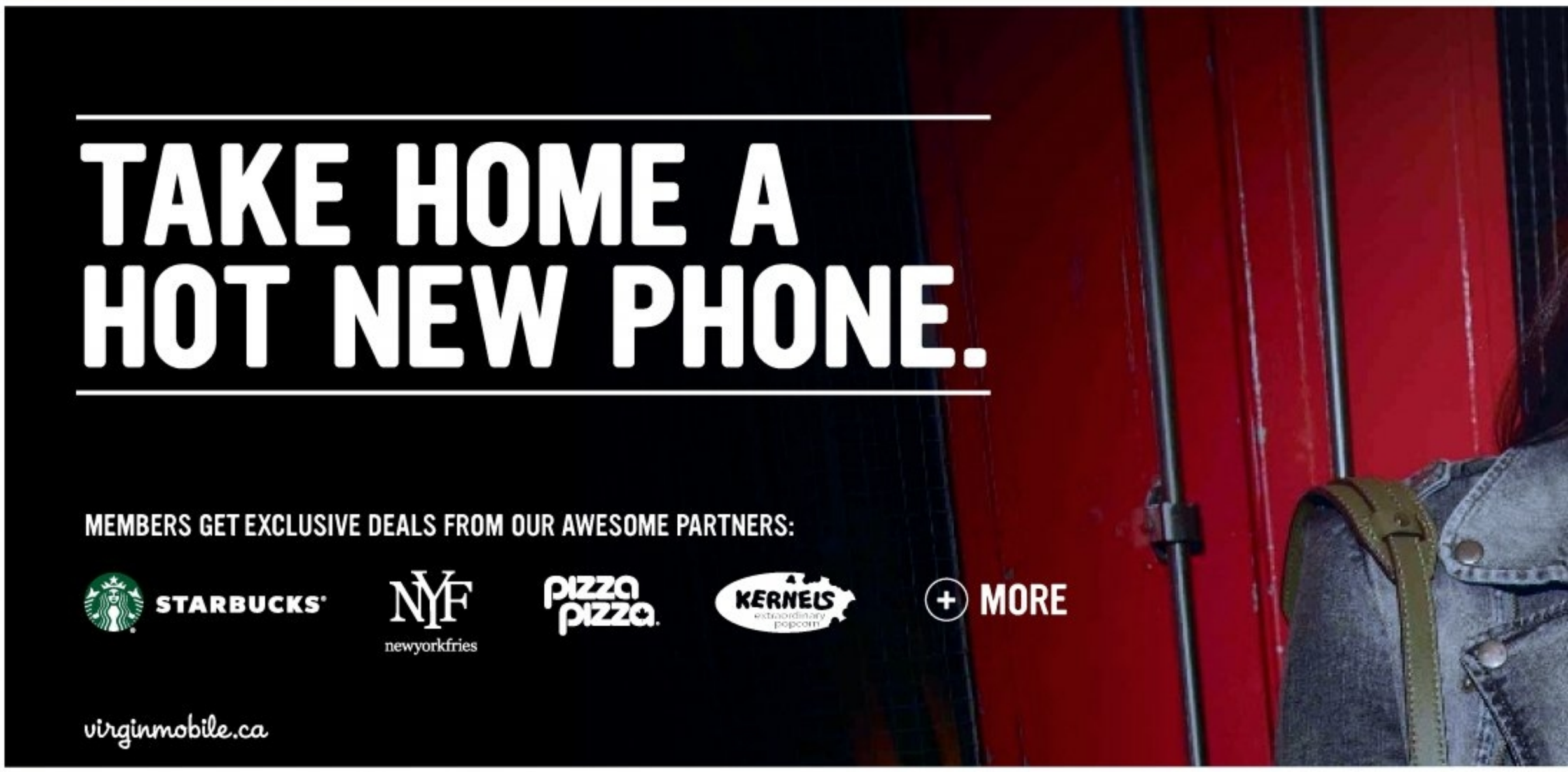
"This was his own choice," Trudeau said. "We will have nothing further to say on this matter."

The prime minister's remarks, however, did not stop widespread speculation about what prompted Tuesday's surprise announcement.

Sources familiar with Tootoo's career as a member of the territorial legislature in Nunavut say he has a history of alcohol problems.

Police in Winnipeg, where Tootoo attended the annual Liberal policy convention on the weekend, went so far Wednesday as to publicly deny that they were ever involved in any sort of incident involving the member of Parliament.

"Winnipeg Police Service has no record of any official police contact with this individual," said a public information officer with the force. THE CANADIAN PRESS



Gun drama on UCLA campus

CALIFORNIA

Overwhelming response to murder-suicide

A murder-suicide at a UCLA engineering building Wednesday drew hundreds of heavily armed officers who swarmed the Los Angeles campus, where students close to summer break barricaded themselves in classrooms as best they could before being evacuated with their hands up.

About two hours after the first 911 call came in around 10 a.m., with the centre of campus still saturated with officers, Los Angeles Police Chief Charlie Beck declared the threat over. Two men were dead in an office, and authorities found a gun and what might be a suicide note, he said.

Authorities did not identify the men, and a motive was not immediately clear.

The response to the shooting was overwhelming.

Teams of officers in helmets and bulletproof vests who were looking for victims and suspects ran across the normally tranquil campus tucked in the city's bustling west side. Some with high-powered rifles yelled for bystanders to evacuate. Groups of officers stormed into buildings that had been locked down and cleared hallways as police helicopters hovered overhead.

Advised by university text alerts to turn out the lights and lock the doors where they were, many students let friends and family know they were safe in social media posts. Some described frantic evacuation scenes, while others wrote their doors weren't locking and posted photos of photocopiers and foosball tables they used as barricades.

Those locked down inside classrooms described a nervous calm. Some said they had to rig the doors closed with whatever was at hand because they would not lock.

Officers cleared occupants one by one. One man walked out and was told to get on his knees. An officer searched him and his backpack, then sent him on his way. THE ASSOCIATED PRESS

IN BRIEF

Spare the children: UN

The UN children's fund issued a warning to Iraqi troops and Daesh militants in the battle for Fallujah to spare the children, the most vulnerable civilians trapped by the fighting for control of this city. UNICEF estimated the number of the children trapped with their families inside the city at about 20,000.

THE ASSOCIATED PRESS

FLOODING

Rain pummels French cities

Floods devastated regions across France on Wednesday — in some areas, the worst seen in a century or more. The Seine River overflowed its banks, one French town was evacuated, travellers trapped on a submerged highway were rescued by soldiers and boat cruises in Paris were cancelled.

Meteorologists said more bad news is coming — the waters are expected to keep rising for days.

Drenched tourists were rearranging plans, schools in one region were shut down and the French government pressed to rescue thousands of people trapped in homes or cars in provincial towns.

Residents pass through the flooded streets of Montargis via an inflatable raft. AFP/GETTY IMAGES

No casualties have been reported, but emergency workers have carried out more than 8,000 rescue operations from the Belgian border south to Burgundy over the past two days, Interior Minister Bernard Cazeneuve said Wednesday. THE ASSOCIATED PRESS

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metro VIEWS
Your essential daily news
Thursday, June 2, 2016

DESMOND COLE ON MARIJUANA

The line between needing pot for an illness and wanting it for pleasure needs to be blurred in order to erase stigma, and avoid foolish expenditure of resources.

The problem is pot stigma, not the "black market."

Last week's police raids of marijuana dispensaries in Toronto exposed an important feature of the so-called "war on drugs" in Canada. For years, most Canadians have told pollsters that pot should be legalized or decriminalized. More and more people are recognizing the medical benefits of weed. Our war, then, seems not so much on marijuana as it is on people who have been selling and using it illegally, especially for recreation.

Pot advocates have warned that the "black market" of presumed gangsters will benefit from the dispensary raids. To me, the "black market" is just another term for the people you bought your weed from before dispensaries.

Our government has exploited the stigma of consuming pot for fun, rather than for health, to criminalize the market and create space for armed, organized gangs to control it. It's going to take a lot more than legalization to end a stigma around weed that has encouraged crime and led to an untold waste of public resources.

It's easy to hate the players in the drug trade, especially those who can't afford a storefront, but the foolish game of prohibition itself is the reason people cannot access marijuana in peace and safety. The problem is not that people with shady motives want to sell weed, but that the government has incentivized such people by making it a crime to grow and sell pot.

Graham Clark, a Toronto criminal lawyer, seized on this in his reaction to the recent dispensary raids. "Every person who now cannot go to a dispensary will instead have to trek into the black market that government and police, through prohibition, create to the great benefit of actual criminals," Clark said.

I don't care if someone without a medical condition can get weed from a dispensary or dealer, as long as no one is harmed.

Cannawide marijuana dispensary is raided by Toronto Police officers in Toronto on last week. In decrying the raids, pot advocates have held out the dispensary model as preferable to the "black market." COLE BURSTON/THE CANADIAN PRESS

The latter part of Clark's statement, about government creation of crime through prohibition, is absent from many condemnations of the raids. Rather, the spectre of a dangerous criminal market is being used to explain why police should leave dispensaries alone.

In a news release calling for all charges to be dropped against dispensary operators and employees, the Toronto Cannabis Coalition argued, "when compared with (government-sanctioned) mail order or the black market, dispensaries in Toronto provide a safe, informative environment where patients can source high-quality medical cannabis."

This statement is true, but the contrast between dispensaries and street drugs reinforces stigma. Just as people who use pot for medicinal purposes have long relied on illegal, recreational suppliers, recreational users have almost certainly been benefitting from dispensaries whose stated purpose is to provide medical marijuana.

Some Toronto dispensaries reportedly have very lax standards for determining a person's medical need for marijuana. If this is true, dispensaries are successfully blurring the line between selling pot for health reasons, and simply helping people get high.

This line needs to be blurred in order to erase pot stigma. Yes, there is a big difference between needing pot for a diagnosed illness and wanting it for pleasure. But the difference should never be used to justify the violence, policing costs, criminal records, prison sentences, and court expenses the government currently employs against recreational users and suppliers.

I don't care if someone without a medical condition can get weed from a dispensary, or her local dealer, or by growing it at home, as long as no one is harmed or threatened in the process.

Removing the stigma associated with marijuana can help us to avoid more foolish time and resource expenditures in the future. For example, in a post-legalization era, the government should make it cheap and easy for people to receive pardons with criminal records related to pot.

There shouldn't be any sanction for smoking weed in public, selling it on the street, or growing small amounts of it on the balcony — it cannot be added to the preposterous regime of provincial-offence tickets for such horrors as drinking in public, begging for change, or sleeping in a public park.

Pot proponents will have to fight for these realities — they will be less successful in doing so if they reinforce the stigma around weed that makes it OK to sell weed in a posh dispensary, but not OK to grow at home, smoke in public, or trade on the street. If people want marijuana, let them have it without shame or sanction.

Instead of reinforcing fear of a black market, let's make such a market irrelevant.

Desmond Cole is a Toronto-based journalist.

ROSEMARY WESTWOOD

In putting health above all, Tootoo has served his country well

Lately a certain someone has been bemoaning our culture's seeming lack of interest in, even wilful ignorance of, history.

Every time I bring up some newish trend — "white anger in the U.S.!" — he scoffs and utters some variation of "history repeating itself."

It's an irritating recurrence, but given my own spotty sense of the past, I've decided he's got a point.

And so I feel compelled, in the wake of Fisheries Minister Hunter Tootoo's resignation, to remind us all of how badly addiction-and-politics stories can go.

Tootoo — who was a historic appointment, the first northern MP to hold the fisheries file — stepped aside with little fuss this week. He released a statement asking for privacy, and only vaguely explained a need to address "addiction issues." The prime minister issued a similarly restrained statement.

Some, including the Aboriginal People's' Television Network, left the story mostly at that. Other media went picking for loose threads. The Globe ran a piece claiming the addiction in question was alcohol abuse, and both it and CTV suggested some kind of incident during the Liberal convention. The Toronto Star followed up with Tootoo's father, who said his son will "pull out of it."

We might expect the additional straggling story, but all in all, it's been a sad but respectable political event. Tootoo managed to leave a high office with his dignity intact, despite whatever he may be dealing with (and I hope he gets whatever help he needs). From what we understand, he executed this graceful exit (for now) for himself. An equally dignified but quieter version of fellow Liberal MP Seamus O'Regan's public announcement this winter he was going to rehab for alcoholism. For both these examples, we should be grateful. In not-so-distant history, all was not thus.

Rob Ford's battle with addiction turned Toronto City Hall into an international laughing stock. It sidelined important city business. It wasted citizens' time and money. It caused apparently irreparable schisms between supporters and critics, mostly because Ford lied with reckless abandon about his problems. Even Ford's well-chronicled rehab efforts were marked with controversy. Everything he touched became a trending story, and rarely was the city served in the process.

In stark contrast, we have Tootoo. He had only recently gained so much, and inspired so many. And instead of fighting to hold onto that, he has chosen to take care of himself. Canadians will be better served in the interim, which means he's also chosen what is best for us. That, above all moves by a politician, is praiseworthy.

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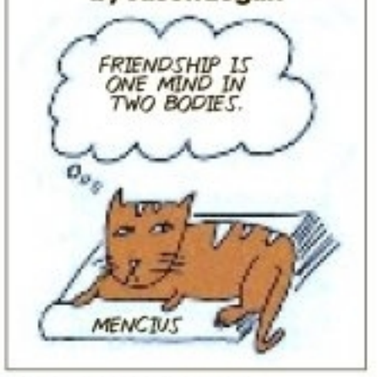

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Love and darkness of the '90s

INTERVIEW

Moby memoir covers sex, booze and making music

Melita Kuburas
Metro | Canada

Money has not been a great motivator for Moby.

When the musician got his first big break, a regular DJ-ing gig at a New York City nightclub called Mars, he was living in an abandoned factory in a crack neighbourhood in Stamford. He had no running water and would urinate in an empty water bottle, showering once a week at other people's homes. But his $50-a-month space had electricity, which meant he could cook oatmeal on a hot plate, and, more importantly, make music.

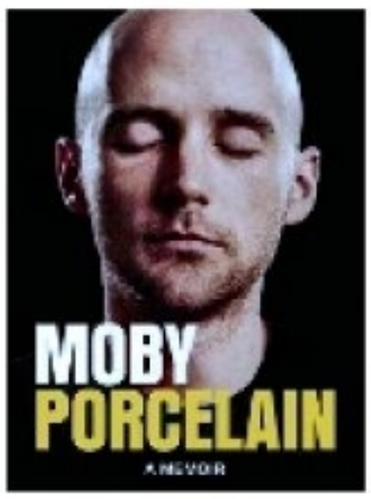
"It was pretty squalid, but I was considerably happier there than when I lived in a five-level apartment overlooking Central Park, and Bono and Alec Baldwin were my neighbours," Moby says.

In fact, he sees most manifestations of luxury as either gratuitous or something to worry about.

Sitting in a hotel lobby last week wearing jeans, a light gray tee and dark sweatshirt with a few animal hairs clinging to it, the musician has just come back from an interview at a morning TV show in Toronto, discussing his memoir, Porcelain (also the title of a song on his hit 1999 album, Play, which was recently cited by Adele as having inspired her sound on 25).

"Backstage there were a bunch of pugs and I got to spend like, five minutes rolling around on the floor with pugs," says the animal rights activist and longtime vegan. "If I had $500 jeans or a $500 sweatshirt, I would have been scared to do that. And I think there shouldn't be anything in your life that you have to worry about in the presence of pugs."

Born in New York City, Moby grew up in Connecticut, raised by a single mom who occasionally would send him out to buy groceries with food stamps. After his career takes off in the early '90s, he becomes an international star with electronic hits like Go and Feeling So Real. But his success flounders with the release of a punk rock album called Animal Rights, and after eight years of sobriety a post-breakup beer in a San Francisco dive bar leads to regular binge-drinking and severe anxiety.



Moby wrote Porcelain, putting a lot of effort into transporting detail — from the pools of blood of butchered animals in Manhattan's Meatpacking District, to the texture of the sheets and bedspreads in the drab hotel rooms he slept in while on tour. Even the spouts of vomit, semen, and spit that accompany alcohol and drug-fuelled parties are declared.

Through his writing, the past would come to seem more real than the present, says Moby. "It's like Proust with his madeleine in Remembrance of Things Past where there's this cascade; this domino effect," he says. "I would just sort of then remember all these different memories and try to describe them in a way that gave them almost a tactile quality."

> **"Sometimes you're making your art or music or writing a reflection of the dynamism of the city, but also as a refuge against it."**
> Moby

Living in New York wasn't easy — he writes of encounters with drug dealers, angry cab drivers, and a constant search for love and a soulmate that often left him feeling lonely and insecure.

"Cities even at their best are still difficult, challenging places. And oftentimes whether you're an artist or a writer or a musician, sometimes you're making your art or music or writing a reflection of the dynamism of the city, but also as a refuge against it."

Still, Moby's biggest fear was having to leave the city and to go back to the "purgatory" of life in the suburbs, he says.

It wasn't being broke that he was afraid of — it was going back to a "lifeless environment."

Cities, even at their best, are difficult and challenging places says Moby, author of Porcelain. COURTESY MELISSA DANIS

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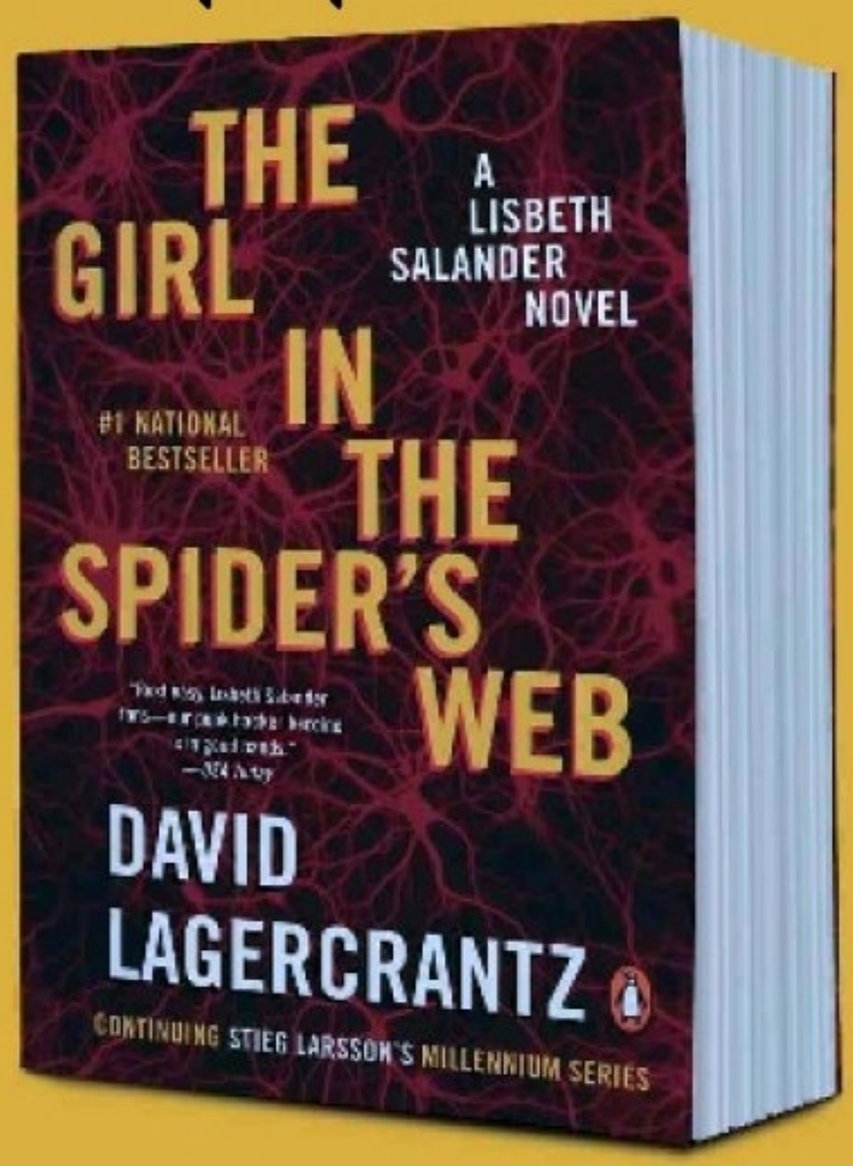
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NEW BOOK

An in-depth look at how we hear

Author Tim Falconer on stage in the Zoomer Radio Concert Hall in Toronto. TORSTAR NEWS SERVICE

First, the good news: only 2.5 per cent of the population is scientifically tone deaf. So if you suspect you are, you're probably being too hard on yourself. The bad news: while researching his new book, Bad Singer, Tim Falconer found out that he officially qualified.

As a great listener of music, it was a diagnosis the journalist and author found crushing.

"My other books, I would talk about what I was writing," he says, sipping a bottle of water in a Toronto coffeeshop.

"This book, I didn't talk about it because I would have to admit to people I was tone deaf. After I was diagnosed I didn't even tell friends. So, yeah, it's a bit embarrassing."

With Bad Singer's publication, Falconer is adjusting to being known as the guy who literally wrote the book on bad singing.

His investigation into how science is illuminating the way we experience music covers physical and psychological barriers to singing, how music communicates emotion and the back seat that pitch takes in pop music.

But it's Falconer's own attempts to outwit his brain's deficit and master singing (or at least master singing the Beatles' Blackbird) that forms the throughline of the book.

After Université de Montréal cognitive neuropsychologist Isabelle Peretz diagnosed Falconer with congenital amusia, a term she coined to describe what we commonly call tone deafness, he trained for seven months to improve. Then he returned for further testing.

"I spent a day and a half just failing test after test," he recalls (in one test, he was asked to identify music as either a waltz or a march; in another, he sang Happy Birthday with "la la la" in place of lyrics).

"At the end of the day and a half, one of the researchers took me aside and said, 'We have some results.

"There has been modest improvement.' So I thought, I guess I'll keep going. But I think if I weren't a writer, I would have given up fairly early on."

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Project overview

Westpointe is a collection of 49 single-family homes nestled in the heart of South Surrey's beautiful Ocean Park neighbourhood. The refined new community features timeless craftsman-inspired architecture, rich accents and elegant interiors ideal for entertaining, relaxing or everyday family living.

Housing amenities

Residents can choose between a light or dark colour scheme. Homes feature spacious attached or detached double car garages, fenced yards and elegant landscaping. Each residence is also roughed in for a security system, vacuum system, surround-sound speaker system and comes with a natural gas barbecue hook-up.

Location and transit

Westpointe is near other beach communities, including Crescent Beach and White Rock, all accessible by car or transit. The South Surrey park and ride is a great option for those who work in other parts of Metro Vancouver.

In the neighbourhood

Just steps away from local shops and cafés, schools, grocery stores and community centres, Westpointe provides proximity to everything residents need. With parks and nature trails at their doorstep, and the shores of the Pacific within walking distance, Westpointe offers the rare opportunity to experience true West Coast living.

NEED TO KNOW

What: Westpointe
Builder: Silk Properties
Interior designer: Erin Kenwood
Location: South Surrey, in the Ocean Park neighbourhood
Building: Forty-nine single-family homes
Sizes: From 2,600 square feet to 3,540 square feet.
Model: Three to five-bedroom options
Pricing: Contact sales team
Status: Now selling
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SIX LESSONS FOR THE FIRST-TIME HOMEBUYER

How do buyers hoping to break into the competitive and pricey home market prepare for their first purchase? Here are six of the most important lessons first-home buyers can learn:

Lesson #1: Figure out your budget.
Aside from your down payment and mortgage, "there are other costs associated with the transaction, as well as the setting up and running of your new home, like legal fees, home repairs, furnishings and maintenance," says Erica Nielsen, VP of Home Equity Financing at RBC. "Look to your mortgage specialist to help you set up a realistic budget."

Lesson #2: Get preapproved.
"We hear stories about people who look and even purchase a home that stretches the bounds of what they can afford," says Nielsen. "Get preapproved first so you can be looking for homes that are relevant to what you can actually afford." It's never too early to find out how much you can afford, and put the preapproval in place. It just means you're ready, and there's no commitment to buy.

Lesson #3: Decide what's most important.
"Think about what's most important to you at this stage of life and over the longer term." Nielsen suggests looking at a five-year horizon and weighing those things that are most important, then aligning them as closely as possible to your budget.

Lesson #4: Surround yourself with a good team.
Talk to people and ask for recommendations. "Most importantly, you need to work with experts you trust," says Nielsen: a good mortgage specialist to help with your budget and financing and a real estate agent who understands your needs and the neighbourhood you want.

Lesson #5: Consider unique approaches.
Fixer-uppers, income properties and sharing ownership are just a few creative ways to make a home affordable, but educating yourself is key. "Should you purchase with someone else, you need open communication; be clear about what's affordable and agree on an exit strategy if someone wants to sell out," advises Nielsen.

The key step for first-time home buyers is to surround yourself with experts you trust. ISTOCK

Lesson #6: Don't let a few disappointments get you down.
In a competitive real estate market, it's important for first-time homebuyers to realize it may be necessary to bid on multiple homes. "Focus on the end game and not each individual bid," says Nielsen.

"First-time buyers will eventually find a home they're delighted with. Remember, there are many houses out there that will meet your needs and your budget."

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DIY tropical leaf pillow prints

Oversize tropical leaf prints are all the rage right now. PHOTOS DEBRA NORTON/FOR TORSTAR NEWS SERVICE

CRAFTING

This bold pattern is perfect for the season

Oversize banana leaves and tropical fronds are a hot trend this season. Turn up the heat on your sofa or patio settee with pillows sprouting tropical leaves that make a stylish imprint inside or out. Big leafy prints are easy to make with oversize stamps made from the leaves of these architectural plants found at your local florist.

Step 1: Gather and shop for the supplies:
You'll need:

- A tropical leaf (we used a split leaf philodendron)
- Cotton or linen pillow covers
- Fabric paint
- Scissors
- Paintbrush
- Glue
- Pencil
- Craft foam sheet
- Two pieces of Foam-core or cardboard
- Small paint roller

Step 2: Trace an outline of the tropical leaf.
Pick a leaf that is easy to trace, such as a philodendron or a banana leaf — both leaves are readily available at florists. Place the tropical leaf on the sheet of craft foam and trace around it using a pencil.

These prints can be finished in seven easy steps.

Step 3: Cut out the leaf design.
Using scissors, cut out the traced leaf design.

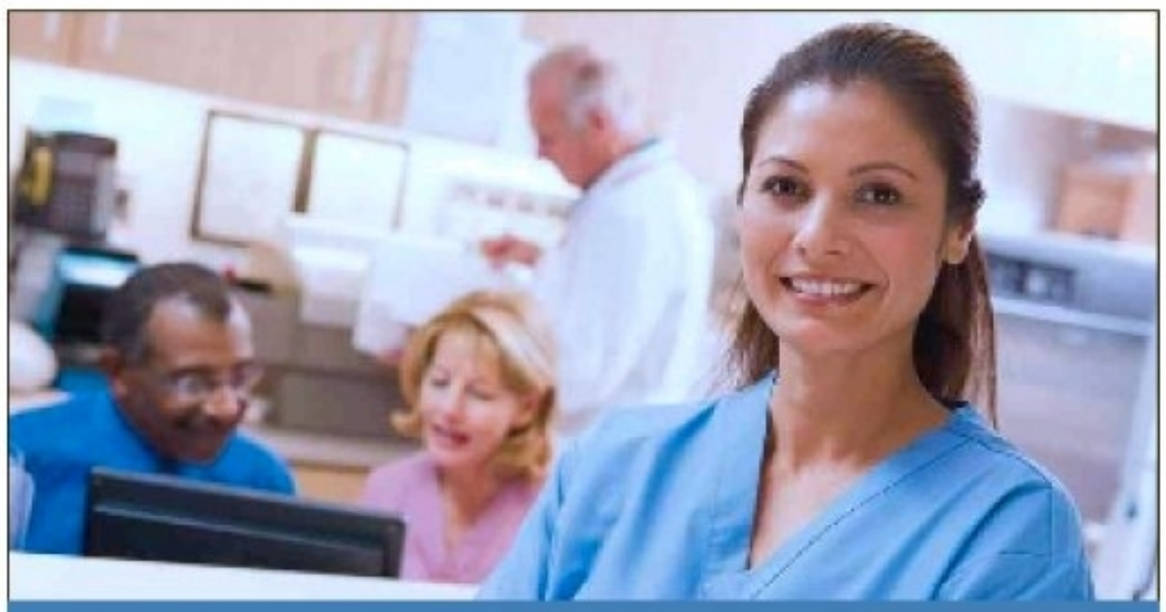
TIP
Stamped fabric will likely produce a slightly faded print that you can brighten up with additional paint, if you want.

Step 4: Glue the design onto foam-core or cardboard.
Glue the cut-out to a piece of foam-core or cardboard that is slightly larger than the leaf design. Let dry.

Step 5: Roll paint onto the stamp.
Using a paint roller, apply a generous amount of paint to the leaf design. Use enough paint that it covers the entire stamp but isn't drippy.

Step 6: Place a piece of foam-core or cardboard inside the pillow to prevent paint from bleeding through the fabric.
No further explanation needed.

Step 7: Stamp the fabric.
Place the stamp face down onto the fabric pillow cover. Using the palms of your hands, press down firmly and evenly. Carefully lift the stamp off of the fabric. Let paint dry according to the paint manufacturer's directions. TORSTAR NEWS SERVICE



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RETAIL

Not feeling crafty? Buy it

This DIY may literally give you a green thumb. If you'd prefer to keep your digits paint-free we've found some easy, breezy tropical pillows that we think you'll go wild for.

1 Darci Towns
Pretty pastel block print pillows are made with eco-friendly organic hemp and non-toxic ink in a variety of tropical leaf patterns.
Tropical Leaf Block Print Pillow Cover, 16."

2 Lowes
A palm leaf pillow goes "trad" making on-trend tropical foliage fit in with classic patio decor.
Garden Treasures Ebony Tropical Outdoor Lumbar Pillow.

3 A Wild Life
Vibrant fronds and palm leaves from original art created by Victoria-based artist Crystal Smith.
Tropical Pillow Cover, 18."

4 River Oaks Studio
Sophie Benoit's hand-drawn, Nordic-inspired illustrations are transformed into stylish pillows. Just choose a colour (there are 32 colours available!) and size to suit.
Fern Leaves Pillow Cover, 16."
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5 FLOWERS TO PLANT RIGHT NOW

This past weekend marked the official start of the growing season in Canada. Twenty years ago, most of all annuals sold in the country were impatiens. Now we enjoy a wider selection of flowering annuals. Expert gardener and author Mark Cullen shares his five favourites. **MARK CULLEN/FOR TORSTAR NEWS SERVICE**

1 Cosmos

Look in any packet of mixed seed varieties designed to attract hummingbirds and butterflies and you will find Cosmos. They top my list for a number of reasons: You can cut them and enjoy them indoors for extended periods of time, they bloom for 10 to 12 weeks (though late, usually in July), they are insect and disease resistant, are available in a wide range of colours, and make a magnificent backdrop for any garden. Did I mention they save a lot of money by sowing the seed directly in your soil?

2 Geraniums

The money you save buying cosmos seeds instead of transplants is best invested in top-quality geraniums. Not all are created equal, so look for "zonal" varieties propagated from cuttings for the most part. They cost more to grow than most seed-started varieties, but will perform much better in gardens and containers and like the morning or blazing sun.

3 Zinnias

Another butterfly magnet. The classic varieties flower their heads off in a sunny garden. Start these from seed directly in the soil, nurture them in the early stages until they are well rooted and then watch out! They will explode into bloom in July and will not disappoint. Virtually no disease or insect problems will befall these beauties.

4 Nicotiana

Old-fashioned nicotiana may be the most pleasantly fragranced annual flower you can grow. It is especially attractive in the evening when pollinators are most active (aren't plants smart?) Nicotiana grows almost two metres high and requires sunshine to perform well, so plant it at the back of the garden. It's not really suitable for containers, though.

5 Begonias

I had to put a plant on my list that thrives in the shade. In truth, fibrous begonias will flower, and then flower some more. They generally mature at about 30 centimetres, so plant lots of them spaced only 20 centimetres apart for a good show. They can be real knock-outs in pink, red and white hues and many have bronze foliage.

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metro SPORTS

Cleveland outfielder Marlon Byrd has been suspended 162 games for testing positive a second time for a performance-enhancing drug

Fury's Steele too strong as Caps upset on the road

CANADIAN CHAMPIONSHIP

Underdogs Ottawa claim first win over MLS opposition

Head coach Paul Dalglish couldn't have asked for more from his Ottawa Fury.

Jonny Steele and Paulo Junior both scored as Ottawa upset the Vancouver Whitecaps 2-0 on Wednesday in the first leg of the Amway Canadian Championship semifinal at TD Place.

The second leg of the series is scheduled for June 8 at BC Place Stadium. The aggregate winner will advance to the championship final against the winner of the other semifinal between the Montreal Impact and Toronto FC. Toronto defeated Montreal 4-2 in its first leg of the semifinal on Wednesday.

WEDNESDAY in Ottawa

2	0
FURY	WHITECAPS

Hosting and beating a club from the higher-tier MLS was a first in Fury history and the 9,057 on hand will not soon forget the home team's dominating performance.

"I thought we were fantastic," said Dalglish. "(Wednesday) you saw that if we do it collectively and we work together we can do it against MLS opposition as well. Really, really pleased."

The defending champion Whitecaps appeared to get caught off guard by the Fury pressure right from the start and struggled to make adjustments.

"We had a young group and it was a challenge for them and I think some of them got a little bit surprised in the first half in the way of the tempo of the game," said Whitecaps head coach Carl Robinson. "All credit to Ottawa, they deserved to win."

The Fury held no illusions coming into the game and accepted the role of underdogs, but were confident, played with poise and were rewarded.

"This was the first time we played an MLS team and we got a victory so no matter what happens next it will always be something to look back on," said keeper Romuald Peiser. "Now we need to be ambitious and realize that it's half time between the two games and we have 90 very complicated minutes awaiting us in Vancouver."

Steele's first half goal in the third minute held up as the winner. Trailing 2-0 the Whitecaps were looking to get back in the game, but Peiser was solid. Vancouver's best chance came at the 54th minute as Nicolas Mezquida headed it, but Peiser punched the ball to deflect it over the bar.

Peiser made another huge save off a free kick late in the second half and an incredible save during extra time on Octavio Rivero.

Ottawa Fury FC's Mauro Eustaquio, bottom, kicks the ball away from Vancouver Whitecaps' Kekuta Manneh during the second half. SEAN KILPATRICK/THE CANADIAN PRESS

Midway through the second half, 15-year-old Alphonso Davies made his first-team debut with the Whitecaps. "I felt really confident," said Davies.

"First touches on the ball were good. I wanted the ball more and it was a really great experience for me." Carl Haworth took a great pass and looked to score off the header, but Tornaghi made the save and Junior grabbed the rebound and had a wide-open left side to give the Fury a 2-0 lead.

THE CANADIAN PRESS

TFC put four past Impact in first leg

Jonathan Osorio and Jordan Hamilton each scored twice as Toronto FC's made-in-Canada attack earned a 4-2 win over the Montreal Impact in the first leg of their Amway Canadian Championship semifinal Wednesday.

Montreal got two late goals to make it close: substitute Michael Salazar headed in a marvellous Didier Drogba cross in the 86th minute and then Drogba himself beat Clint Irwin with a free kick in stoppage time.

The two away goals make the second leg next Wednesday in Montreal far more interesting. The Impact fielded the more established team on paper but failed to deliver for the first 85 minutes and were schooled by a young Toronto squad before an approving BMO Field crowd.

In Toronto

4	2
TORONTO	MONTREAL

Montreal was reduced to 10 men in first-half stoppage time when captain Patrice Bernier was shown a straight red for a studs-up tackle on Toronto midfielder Daniel Lovitz. With no Sebastian Giovinco (adductor), Jozy Altidore (hamstring) or captain Michael Bradley (Copa America), Toronto was without US$18.4 million worth of designated players.

THE CANADIAN PRESS

The Penguins celebrate Conor Sheary's overtime goal in Pittsburgh on Wednesday night. BRUCE BENNETT/GETTY IMAGES

STANLEY CUP FINAL

Rookie Sheary gives Pens 2-0 series lead

Conor Sheary scored in overtime as the Pittsburgh Penguins beat the San Jose Sharks 2-1 on Wednesday night to take a 2-0 series lead in the Stanley Cup final.

Sheary beat Martin Jones through traffic at the 2:35 mark of overtime after the Sharks evened the score 1-1 with less than five minutes to go in regulation.

Phil Kessel also scored for the Penguins, while Matt Murray stopped 21 shots in net.

Jones made 28 saves for San Jose and Justin Braun had the only goal for the Sharks, who dropped to 5-2 this spring when coming off a loss.

GAME 2 In Pittsburgh

2	1

San Jose was frustrated by its slow start in Game 1 and though there were an encouraging opening few minutes in Game 2 the Sharks were again stymied by the Penguins' speed and pressure.

San Jose winger Joel Ward had the first good chance of the game less than two minutes into the opening frame, but from there the Sharks went cold.

The highest scoring team throughout these playoffs, San Jose generated next to nothing offensively, stuck defending in their own zone most of the time.

Conor Sheary GETTY IMAGES

The Sharks' top line of Joe Pavelski, Joe Thornton and Tomas Hertl combined for only two shots in the first period, coming close only on a Hertl backhand attempt that hit the post. The unit, though boasting strong puck possession, remains pointless at even strength in the series.

THE CANADIAN PRESS

LeBron vs. Steph: Round 2 begins

NBA FINALS

Cavs look to exact revenge after Dubs won title last year

LeBron James' Cavaliers and Stephen Curry's Warriors will kick off the NBA Finals on Thursday night. RONALD MARTINEZ/GETTY IMAGES

LeBron versus Steph. King James versus the Baby-faced Assassin. Nike versus Under Armour.

Any way you slice it, it's a dream matchup for the league in the NBA Finals. Again.

A second straight championship showdown between LeBron James and the Cleveland Cavaliers and Stephen Curry and the Golden State Warriors puts the league's two brightest stars on its biggest stage.

It could also mark the beginnings of a new rivalry between the longtime face of the league and the shooting supernova threatening to supplant him.

"It's really annoying for me. That's not what I'm playing for, to be the face of the NBA or to be this or that or to take LeBron's throne or whatever," Curry said Wednesday, one day before the Warriors host the Cavs in Game 1. "You know, I'm trying to chase rings, and that's what I'm all about. So that's where the conversation stops for me."

Curry got his first last year, at James' expense. And there have been subtle signs of a brewing rivalry ever since.

As the Curry hype was building during the Warriors' run to the title last season, James went out of his way to proclaim himself "the best player on the planet" during the Finals. He played like it, too, averaging 35.8 points, 13.3 rebounds and 8.8 assists while carrying a Cavs team missing Kyrie Irving and Kevin Love through six games in the series.

After Curry won his second MVP award this season in unanimous fashion — something no other player, including four-time winner James, had ever done — James offered a nuanced take on the achievement.

James said Curry's numbers were tremendous, "but when you talk about most 'valuable' then you can have a different conversation, so, take nothing away from him, he's definitely deserving of that award, for sure."

On Wednesday, James expanded, saying "Steph was definitely the MVP of our league."

"You guys make rivals," James said. "I think it's great for the sport. It's great for all sports. I don't think me and Steph, when you talk about rivalries, you talk about Carolina-Duke, you talk about Ohio State-Michigan. It's hard to say LeBron and Steph. If there's a smaller scale or another word for a rival."

If not rivals, certainly peers at the top of the league's food chain. They've both changed the league in different ways.

"I don't think there's just a face in the NBA," Warriors guard Klay Thompson said. "I think there are faces because it's such a star-driven league. ... But I think it might be easier for the common fan to relate to Steph because it's hard to be 6-8, 260 and have a 40-inch (vertical) and be the fastest guy on the floor."

THE ASSOCIATED PRESS

GETTY IMAGES

> **It's pretty unique to be in this position to have another opportunity for guys to write about, for us to play it, for the people to talk about it throughout the world.**
>
> **LeBron James** on the Finals rematch

MLB

Sanchez heat helps to shut out Yankees

Aaron Sanchez and three relievers combined to keep the Yankees off the scoreboard and the Toronto Blue Jays rocked New York's bullpen in a 7-0 victory to complete a three-game sweep over their AL East rivals on Wednesday.

Edwin Encarnacion and Justin Smoak drove in two runs and Michael Saunders plated another over Toronto's (29-26) five-run seventh inning.

Josh Donaldson broke a scoreless tie with an RBI single in the fifth, Saunders scored on a double play, and Darwin Barney was 3 for 3 with a walk and two runs scored.

Sanchez (5-1) allowed seven hits and two walks while striking out six through 6 2/3 innings. Jason Grilli, Aaron Loup and Ryan Tepera did the rest.

A tight pitching duel dominated the first half of the game with Sanchez and New York's Masahiro Tanaka trading zeros over the first four innings until Donaldson's RBI base hit in the fifth.

WEDNESDAY In Toronto

BLUE JAYS	YANKEES
7	0

Tanaka (3-1) allowed two runs, one earned, and seven hits over six innings for the Yankees (24-28). He struck out two batters and walked one.

Relievers Kirby Yates (four runs) and Nick Goody (one run) worked the frightful seventh for New York.

Encarnacion cashed in Kevin Pillar and Barney with a bases-loaded single off Yates and Saunders followed with a double off Goody to plate Donaldson for a 5-0 lead. Smoak kept the barrage going with a two-run single. THE CANADIAN PRESS

Calf strain throws King Felix on DL

Felix Hernandez GETTY IMAGES

The Seattle Mariners have placed Felix Hernandez on the 15-day disabled list with a right calf strain, just the third time in his career the veteran right-hander has landed on the DL.

The Mariners announced the move Wednesday morning and recalled left-hander James Paxton from Triple-A Tacoma. Paxton joined the team in San Diego, where he started Wednesday night.

Hernandez is 4-4 this season with a 2.86 ERA. The 30-year-old did not travel with the team to San Diego and was examined in Seattle on Wednesday morning before the roster move was made.

There's been much attention placed on the decreased velocity of his fastball, but Hernandez has remained a highly effective pitcher, if not a bit inconsistent. Opponents are hitting just .217 against him.

Hernandez has struggled with walks and not keeping his pitch count under control. His 26 walks in 10 starts are nearly halfway to his total of 58 last season in 31 starts.

THE ASSOCIATED PRESS

IN BRIEF

Venus out of French Open

Venus Williams was unable to join her sister in the French Open quarterfinals, failing in a bid to get back to that stage at the clay-court Grand Slam tournament for the first time in a decade.

Finally back on court after her fourth-round match was postponed twice because of bad weather, the No. 9-seeded Williams lost to No. 8 seed Timea Bacsinszky of Switzerland 6-2, 6-4 on Wednesday.

THE ASSOCIATED PRESS

Court won't reconsider ruling on NFL settlement

A federal appeals court in Philadelphia says it won't reconsider a ruling that upholds the potential $1-billion settlement of NFL concussion claims.

Critics of the plan for retired players had hoped the full court would reconsider the approval granted by a three-judge panel in April.

On top of payouts, the settlement offers medical monitoring to more than 20,000 retirees for the next 65 years. THE ASSOCIATED PRESS

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RECIPE Sundried Tomato and Spinach Farfalli with Walnuts

PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

Ready in
Prep time: 5 minutes
Cook time: 15 minutes

Ingredients
- 3/4 cup chopped walnuts
- 1/4 cup extra virgin olive oil
- 3 cloves garlic, minced
- 1/4 cup drained and sliced oil-packed sun-dried tomatoes
- 1/4 teaspoon dried crushed red pepper
- 2 cups baby spinach
- 1 pound farfalle pasta
- 1 cup ricotta cheese
- 3 tablespoons vegetable stock or water
- freshly grated parmesan cheese

Directions

1. In a small skillet, warm walnuts over medium heat so they release their oils and are warm, about 3 minutes. Remove from heat and place in small bowl.

2. Bring a pot of salted water to a boil. Cook the pasta until al dente. Scoop a bit of pasta water from the pot before draining.

3. In a large skillet over medium heat, heat oil and then add garlic, sun-dried tomatoes and crushed red pepper. Sautée until garlic is a golden brown, about 3 minutes. Add a handful of spinach in batches and cook until each batch is wilted.

4. In a large serving bowl, whisk ricotta cheese with stock or water. (Use pasta water if you don't have any stock handy.) Then add spinach mixture, pasta and walnuts; toss to combine. Add salt and pepper to taste and grate fresh parmesan cheese over top and serve.

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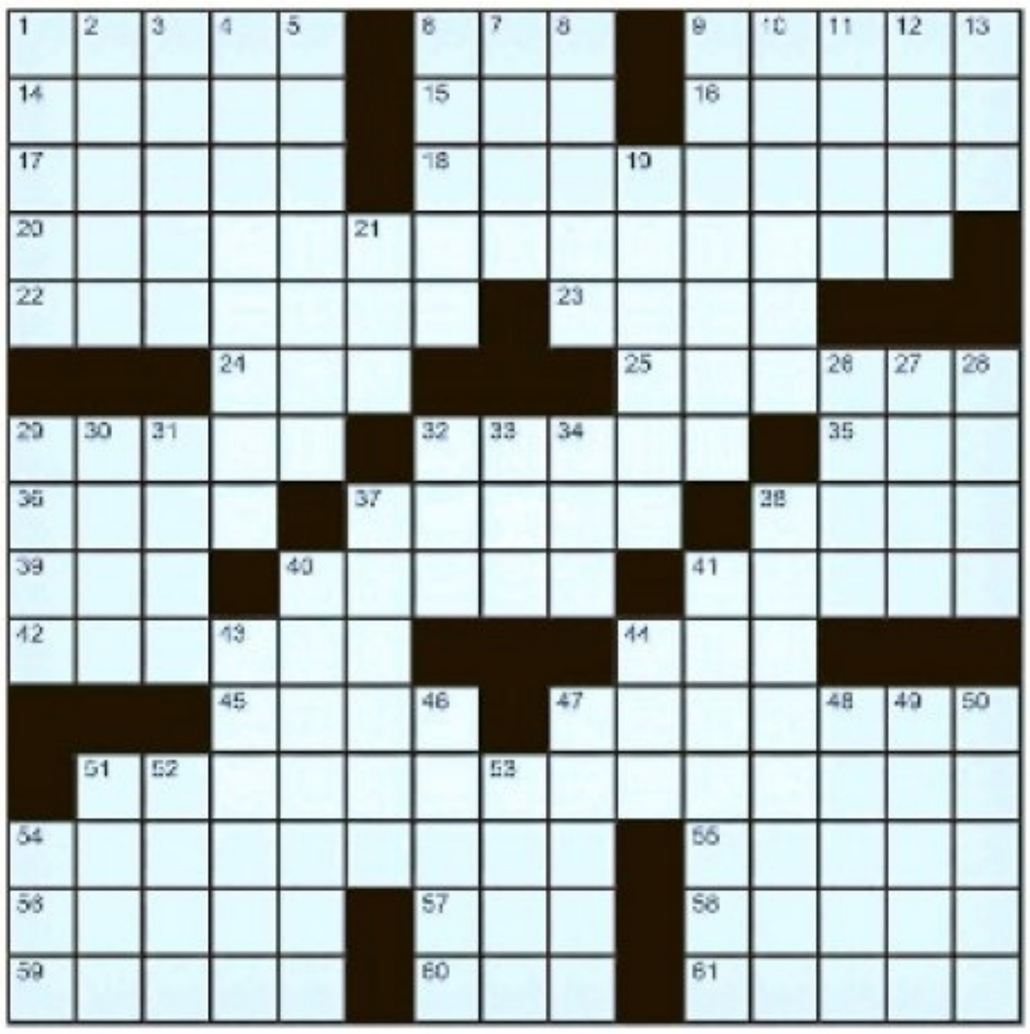
CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. Singer Ms. Terrell
6. Smartphone purchase
9. 'Twilight' actress, to fans
14. After-midnight hour: wd. + acr.
15. __-Julie, Quebec
16. "One Day at __"
17. "It __ Me" by Shaggy feat. Rikrok
18. Great Lake ...en francais
20. Lameque and Miscou, in New Brunswick: 2 wds.
22. Luxury getaways
23. Elvis' "__ Stung"
24. English actor Christopher
25. Figure skater Ms. Baiul
29. Wolf, for one
32. Quebec 'book'
35. Douglas __ (BC big tree)
36. Kilted family
37. Driving speed cap
38. Canadian series, "Wind at My __"
39. Performance purchase, puny-ly
40. 10th Greek letter
41. Toast starter...
42. 1989: Oil spill ship, Exxon __
44. Brooch
45. "Movin' __": "The Jeffersons" song: 2 wds.
47. Herbal drink for a wise one?: 2 wds.
51. Four-leaf clovers: 3 wds.
54. Shirley Douglas' role on #38-Across: 2 wds.
55. Creamy cheeses
56. Bubbling on the stove
57. Absorb
58. Fridge brand
59. Second 'R.' of J.R.R. Tolkien's name
60. WNW's reverse
61. Australian songstress Helen cookie's name
28. Sacred chests
29. Surveillance system, e.g.
30. __-Seltzer
31. NHL 'N', briefly
32. __ balm (Make-up item)
33. Pixie
34. Touristy thoroughfare in Rome, __ Veneto
37. Blue semi-precious stone found in Kimmirut in Nunavut, Lapis __
38. 1985 hit for English band ABC: 3 wds.
40. "Keeping Up with the Kardashians" cast member
41. Apparatus in gymnastics: 2 wds.
43. "Listen to the Music" by The __ Brothers
44. Ocean, e.g.
46. Legume
47. Communicating-by-Web service
48. Set of three
49. Make corrections to text
50. Ore evaluation
51. Vinnie's '70s sitcom teacher
52. Shakespeare: "__ hard hearts, you cruel men of Rome..."
53. Boardroom VIPs
54. Spoil

DOWN
1. Battle, Go __
2. Within __ of (Nearly)
3. Geological flattops
4. Country music instrument
5. End-of-day complaint: 2 wds.
6. Formal orgs.
7. Sound of disgust, comics-style
8. Coke alternative
9. Bar's lipsynching fun
10. Times on the job
11. Linked
12. Flightless flappers
13. "__ in Need of a Musical Revolution" by Canadian singer Esthero
19. Ansel of horror remake "Carrie" (2013)
21. Ingested ingredients
26. Outlying
27. Sugar-topped

IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
This is a good day for financial negotiations, but guard against extravagance. Nevertheless, look for ways to boost your income and get value for your money.

Taurus April 21 - May 21
This is a strong day for you. The Moon is in your sign dancing with lucky, moneybags Jupiter. Financial speculation might interest you.

Gemini May 22 - June 21
You will enjoy relaxing at home if you get the chance. You want to cocoon and be by yourself. In any case, this is an easy-going day.

Cancer June 22 - July 23
Time spent with a female friend will be rewarding today. This person might encourage you to explore new ideas about politics, religion or long-distance travel.

Leo July 24 - Aug. 23
You make a great impression on others today, and this impression ultimately might bring you more money in the future. Don't hesitate to be generous to someone.

Virgo Aug. 24 - Sept. 23
Shake things up a little, because you need some adventure today. You want to do something different. A short trip or an interaction with someone unusual will please you.

Libra Sept. 24 - Oct. 23
Be open to the offers of others, because you can benefit from the wealth and resources of others today. In turn, you might be generous to someone at work. (What goes around, comes around.)

Scorpio Oct. 24 - Nov. 22
Relations with others, especially partners and close friends, are warm and friendly today because people are upbeat. Make plans to have fun in the future.

Sagittarius Nov. 23 - Dec. 21
It will be easy to get the cooperation of others at work today. If you do this, something will happen that makes you look good in the eyes of your boss.

Capricorn Dec. 22 - Jan. 20
This is a playful day for your sign! Make room for some fun activities with romantic interests, friends or children, because you will enjoy yourself.

Aquarius Jan. 21 - Feb. 19
Home and family are your primary concerns today. In fact, this is a good day to look into real estate possibilities or how to improve your home.

Pisces
Feb. 20 - March 20
Because you are in such a positive frame of mind today, others want to be in your company. Everyone likes to be with someone who is upbeat and happy.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

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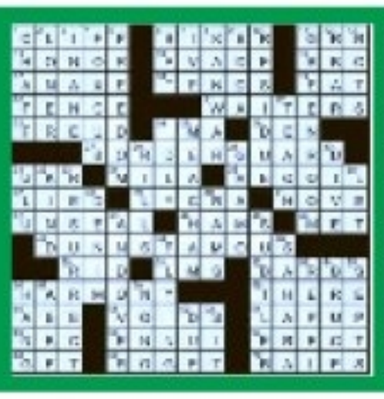

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